



Excerpts of the Newsletter issued by Abiko City

The fiscal 2012 budget approved

The fiscal 2012 general account budget is 34.96 billion yen, giving the highest priority to recovery and reconstruction from the Great East Japan Earthquake and countermeasures against radioactivity caused by the Fukushima Daiichi Nuclear Power Plant accident. We continue to implement support systems such as subventions for disaster victims toward recovery and reconstruction. Against radioactive problem, in addition to decontamination activity, we consider conducting children's health checkups to measure their radiation dose of internal exposure.

Municipal taxes payment available at convenience stores

Municipal taxes and insurance taxes can be paid at convenience stores.

Taxes applicable: residence tax, property tax, city planning tax, light vehicle tax, National Health Insurance tax, etc.

※Limited to those of not more than 300,000yen, of before due date.

For more details, contact Tax Collection sec. ext.341, 342

Japanese language course for foreigners-New !

AIRA (Abiko International Relations Association) offers Japanese language course for beginners to intermediate learners. You can join a class at any time.

Lessons are free of charge.

Tuesday Class: Starts May 8, every Tuesday 10:00am-11:30am at ABISTA, nursery available

Saturday Class: Starts May 12, every Saturday 10:30am-12:00 at Abiko Civic Plaza

Subscription: Contact AIRA with your information listed below:

Address, name, phone number, original country, preferred class (Tuesday or Saturday)

TEL : 7183-1231 (closed on Thursday) , Fax : 7183-2005 or Email : info@e-aira.jp

<http://www.e-aira.jp/>

Vaccine against rabies and Dog registration

Rabies is a serious disease that has a mortality rate of 100%. Get a rabies shot for your dog every year. For details, contact Public Health Care Center at 7185-1126

Mass-screening for breast cancer and uterus cancer:

Reservation required by Apr.21th

	Uterus cancer screening	Breast cancer screening
Date/Time	May 18(Fri), 21(Mon), 22(Tue), 28(Mon),29(Tue), Jun4(Mon),6(Wed), AM/PM	May 16(Wed),23(Wed),30(Wed), Jun 8(Fri),15(Fri),18(Mon), 22(Fri), 25(Mon), AM/PM
Place	Public Health Care Center	
Cost	600 yen	700 yen / 800yen

For more details, contact Public Health Care Center at 7185-1126

Term of subsidy for cervical cancer vaccine, Hib vaccine and pneumococcus vaccine for children is extended until the end of March 2013

Cervical cancer vaccine : women born between Apr.2, 1996 and Apr.1, 2000

Hib / Pneumococcus vaccines : children from 2months to under 5 years of age

For more details, contact Health care center at 7285-1126

Temporary day-care service for children

Nursery schools provide temporary day-care service of children whose guardians are working or hospitalized or for other reasons.

	Time	Day-care fee for a child under 3 years old	Day-care fee for a child of 3 years old or more
Whole-day care	8:30am-4:30pm	2700yen	1200yen
Half-day care	8:30am-12:30am 12:30am-4:30pm	1350yen	600yen
Extended day care	7:00am-8:30am 4:30pm-7:00pm	250yen / 30min.	150yen / 30min.

Target: Children between the ages of 6 months and 6 years (preschool children)

Conditions: For refreshment: available up to 5 days a month

For work, school attendance, childbirth, hospitalization, nursing care etc. : available up to 15 days a month

Application: Call directly the desired nursery school listed below and make an appointment of interview (9:00am-4:00pm)

Nursery school	Telephone Number
Tsukushino	7184-8822
Hakuho	7188-3338
Keiai	7188-7771
Tennodai-Futaba	7185-0555
Kawamura-gakuen	7183-5995
Angelica	7181-8500
Pocket-land Abiko	7184-5700

Health Memo: First-aid treatment for sport injury "RICE treatment"

Rest: Immobilize damaged area with a splint to prevent swelling and damage of nerves and blood vessel.

Ice: Ice the affected area to prevent cell necrosis and swelling.

Compression: Compress the affected area to prevent internal bleeding and swelling.

Elevation: Raise the damaged area above the heart to prevent and reduce swelling.

When seriously injured, call an ambulance immediately, without moving the injured unnecessarily. For more details, contact Abiko Medical Association at 7188-5525

Advisory Service-April 2012

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Apr 5 (Thu), 10(Tue), 12(Thu), 19 (Thu) and 24(Tue) 9:30 - 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Apr 20 (Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Child-Care	Apr 11 and 25 (Wed) Reservation:10:10 - 11:00 First 15 applicants	Child-rearing Support Center "Niko-Niko Hiroba"	Health Support Sec. 7185-1126
	Apr 18 (Wed)	Health Care Center	
Child matters in general	Week days (except Sat/Sun/public holidays) 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days (except Sat/Sun/public holidays) 8:30 - 17:00	Welfare Consulting Sec.	Welfare Consulting Sec. Ext. 394

Public Health Care Center Programs

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Apr 6, 13 and 20 (Fri)	Expecting women of 20 weeks or over, and their family
Polio Vaccination	Apr 10 and 17 (Tue)	3 to 90- month-old babies

Health Checkup for 18-month-old infants	Apr 5 (Thu)	Infants born from Sep 1 to Sep 20, 2010
Dental Checkup for 2 year and 8 month-old children	Apr 26 (Thu)	Children born in Aug 2009
Health Checkup for 3-year-old children	Apr 12 and 19 (Thu)	Children born from Sep 1 to Oct 10, 2008
Health Checkup for 5-year-old children	Apr 26 (Thu)	Children born from Apr 2 to Apr 30, 2007
Baby Food Class for 4 to 6 month-old babies	Apr 27 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Apr 4 (Wed)	First 20 applicants. Reservation required by phone.

-----Health Care-----

1. NIGHT -TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS

CALL #8000 or 043-242-9939

Hours: 7:00p.m. - 10:00p.m. every night

Nurses or doctors will advise you of what to do for your children.

2. HOLIDAY- DAYTIME CLINIC (SUNDAYS /HOLIDAYS)

Place: Abiko Public Health Care Center (phone: 7187-7020)

Items and hours

(1) Internal medicine, Pediatrics 9:00am - 11:30am, 1:00pm - 4:30pm

(2) Dental Clinic 9:00am - 11:30am

Remarks: Please bring your Health Insurance Card and pay fees in cash.

3. NIGHT & HOLIDAY-INTRODUCTION OF HOSPITALS (SUNDAYS /HOLIDAYS)

CALL 7184-0119 (FIRE STATION) or 119 (FOR AMBULANCE)

They will advise you of an appropriate emergency hospital or a pediatrician. Before you go there, please call the hospital and tell them the patient's symptoms.

Please do not hesitate to call 119 in case of serious injury or acute illness.

News Letter Abiko

No.210

April 1, 2012

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Edited and translated by Abiko International Relations Association (AIRA)

Phone: 04-7183-1231 Fax: 04-7183-2005

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Excerpts of the Newsletter issued by Abiko City

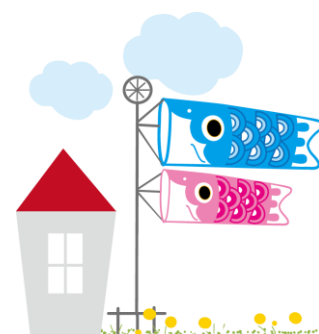
ABIKO Citizens Roundtable

An opportunity to speak and exchange opinions with other Abiko citizens and our city's mayor!

Your opinion will be heard by the municipal administration.

Dates:	May 19 th	9:30 to 12:00	Place:	Kinrin Center Fusa no Kaze
	May 19 th	14:00 to 16:30		Kohokudai Kinrin Center
	May 20 th	9:30 to 12:00		Tennodai Kita Kinrin Center
	May 20 th	14:00 to 16:30		Abiko Minami Kinrin Center
	June 2 nd	9:30 to 12:00		Araki Kinrin Center

Please call for details: 7185-1714 (City Hall Hisho Koho-ka)



Teganuma Marathon Runners Wanted (half marathon distance)

Date: October 28th 10:00 start

Place: Kashiwa Furusato Park (race around Teganuma)

Participants: Total of 8000 healthy amateurs (2000 resident in Abiko, 6000 in other areas)

All participants must be at least 18 years of age, and capable of running a half marathon in 2 hours 30 minutes or less.

Entry fee: 3500 yen (Payment of entry fee due by March 31st)

Residents in Abiko and Kashiwa: please write your name, address, the desired number of entries (maximum 3) on a stamped reply envelope (80 yen stamp for one entry, 90 yen stamp for 2 or 3 entries) and mail by May 26th to:

Teganuma Eco Marathon Entry Center
1-31-9 Haramachi Meguro-ku, Tokyo 152-8532

People in the other areas may apply at <http://runnet.jp/> from June 1st at 0:00AM

For more information, call the Teganuma Eco Marathon Entry Center at 03-3714-7924

or the Teganuma Marathon Jikko Inkai office at 04-7167-8345

Marathon Volunteers Wanted

We are also looking for volunteers from Abiko and Kahiwa to help manage the marathon race. (200 people, from around 18 to 70 years of age)

Date: October 28th, work from 6:00 to 15:30.

Organizational meeting on October 14th 9:00 to 12:00

Please send your name, address, age, sex and phone number and the words "I want to volunteer to work" on a reply post card to the Teganuma Eco Marathon Jikko Iinkai office, 73 Kashiwa-shita 277-0004

Enjoy Teganuma!

Many events await you at Teganuma! May 13th, from 9:00 to 15:00 at the Shinsui Hiroba:

Yacht and canoe riding, bird watching, boat sightseeing tours (13:30 to 14:30), fish lecture (13:00~15:00), watch and touch the aquarium, painting, nature bingo games, kids crafts, young fish stocking, games and rubber boat rides, soap making, observe sunspots and the prominence of the sun using a telescope, play rugby with the NEC Green Rockets team, Hyuga tatami, housing, Ai (indigo) dyeing, bamboo candles, historical places information in Abiko, stage show, food corner, pork and vegetable soup for free (please bring a bowl and utensils), Abiko bird museum free entrance.

Please call Abiko city hall, Teganuma-ka (ext. 467) for details.

Hitachi laboratory garden open to the public

Visit the garden and enjoy the spring sights.

You can enjoy tea service, *Shirakaba Curry* and kocarina (wooden ocarina) playing.

Date: May 19th 10:00 to 16:00 (enter by 15:00)

Place: 485 Konoyama (in front of Abiko Junior High School) May 20th in case of rain

Fee: 100yen (No car parking)

Contact the Abiko Keikan wo Sodateru Kai at 090-6034-9149 for details

Renge (Chinese Milk Vetch) Flower Festival

Date: May 19th 12:00 to 15:00

Place: Tone River YuYu park, renga field day camp

Renga honey picking, Kite flying races

Flea market in Araki

Date: May 20th 10:30 to 14:00

Place: Kishoudai Kinen park (canceled in case of rain)

Bazaar, play area, horse riding, and more!

Get details from the Araki Kinrin Center at 7188-2010



Flea Market in Tennodai

Date: June 9th 10:00~12:00

Place: Tennoudai kita kinrin center (tel. 7182-9988)

*shops wanted (apply from May 12th at 10:00, fee 300yen)

Health Festival in Kohoku

Date: May 21st 13:00 to16:00 (reception opens at 12:45)

Place: Araki Kinrin Center

- (1) Lecture and exercise "Soften your body" (30 people) 13:00~13:45
- (2) Check your health, test of physical strength, blood vessels 14:00~16:00
- (3) Consult with a public health nurse 14:15~16:00 (reception until 15:30)
- (4) Train your brain (games) 14:00~16:00
- (5) Baby massage, sign 13:00~14:00 (10 babies & parents Please make an advance appointment)
300 yen each
- (6) Foot massage 14:15~15:30 (5 people) 200 yen

Ostomy Toilet Facilities

(for people that have a stoma)

Public places..... Keyaki plaza 1F, 2F; Avista; Abiko Kita Kinrin Center(Namiki); Kinrin Center
Fusa no Kaze

Hospital and others..... Abiko Seijinnkai Hospital, Heiwadai Hospital, Abiko Shopping Plaza,
Kohoku Station

Parks.....Kishoudai Kinen Park (Araki), Miyanomori Park (Fusa), Gohon
Park, Wakamatsu No. 4 Park, Konoyama Momoyama Park

Emergencies at Night / on Sundays and Holidays

1. Child...Telephone consultation on Child's Sudden illness
Call at #8000 or 043-242-9939
Hours: 7:00pm – 10:00pm Every night
Through telephone the doctor or nurse will give you an appropriate advice.
2. General.....Holiday Daytime Clinic (Sundays & Holidays)
 - (a) Internal and pediatrics 9:00am–11:30am 1:00pm–4:30 pm
 - (b) Dental care 9:00am-11:30amClinic Center (opposite of Abiko Public Health Care Center)
Contact: Call 7187-7020
Note: Please bring your Health Insurance Card and pay in cash.



3. General.....Introduction of Hospital at Night (Sundays & Holidays)

First contact Fire Station at 7184-0119. They will advise you of an appropriate hospital or dental clinic. Before visiting the hospital, be sure to tell them the symptom of illness or injury.

4. Request for an Ambulance - Call:119

In case of acute illness or serious injury, do not hesitate about calling an ambulance.

From the Abiko Public Health Care Center Tel: 7185-1126

Maternity class: for those pregnant over 20 weeks (Shiawase mama & papa Gakkyu)	May 12th, 26th, June 2nd Please call for an appointment
POLIO vaccination (live vaccine)	May 8 th , 15 th For children between 3 and 90 months
Health Check-up for 18 month old kids	May 17 th , 24 th
Dental check-up for children aged 2 years and 8 months	May 31st
Health check-up for 3 year old children Health check-up for 5 year old children	May 10th May 31st
WEANING (Baby food class)	May 25th for babies from 4 to 6 months, May 11th for babies from 8 to 9 months Please call for an appointment for the advise for weaning anytime
Health Exercise	May 9th Fusa Minami Park May 15th Kohokudai Chuo Park May 18th Tennnodai Nishi Park
Consulting for 4 month babies	May 8 th , 15 th
Consulting for bringing up babies	May 9 th , 23 rd (15 people) Place: Kosodate Shien Center (Niko-Niko Hiroba)

Newsletter Abiko

No. 211

May 1, 2012

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Edited and translated by: Abiko International Relations Association (AIRA)

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Excerpts of the Newsletter issued by Abiko City

Message from Jyun-ichiro Hoshino, Mayor

(1) Suspension of Water Supply

Due to detection of harmful substance exceeding the standard level, water supply was suspended in some parts of our city on May 19, 2012. On this occasion, our city established Disaster Prevention Headquarters and supplied water at three stations in the city. At the same time, six water supply cars visited hospitals and welfare facilities for elderly persons to provide them with water. Soon the safety of water was confirmed and we started water supply. We apologize to you for the inconvenience caused by this accident. While we get in touch with related organizations all the time, we will make utmost efforts to provide you with accurate and quick information and stably supply safe water to you.

(2) Firework cancelled

Though we know that you are looking forward to the annual firework at Teganuma, we regret to inform you that firework will be cancelled this year too in order to cope with radioactive contamination issues caused by the East Japan Great Earthquake and Tsunami on March 11, 2011. We do hope that you will understand our decision.

City-First Authorized Kindergarten opens

While the city tries to prepare nursing environments to cope with the request of the times, it plans to improve facilities of city nursing schools to help young people to find jobs and to nurse their children at the same time.

On June 1, the city-first authorized kindergarten Mebaenomori (“growing forest”) is opened. Mebaenomori was established as an annex to Mebae Kindergarten with rich natural environments and 60 years of history. The new kindergarten which can accommodate 90 children conducts nursing education while the children feel warmth of wood because the building uses a lot of wood. In addition to providing children with education and nursing, it is equipped with a consultation office to solve the concerns about child nursing and education.

Main events in June:

(1) Festival 2012 for adults and children

Date/time: June 24 (Sun) 10:00–15:15

Place: Kohoku District Community Center

Fee: ¥100

Content: This is a festival which adults and children create under collaboration. The event includes a haunted house, a market for children, balloon arts, storytelling with pictures, old plays, origami (the art of paper folding) and refreshment booths.

For more details, contact Children Support Section (Extension 844) or 090-9202-5162

(2) Male Chorus “Ensemble Leone” Performance (Japanese and foreign songs)

Date/time: June 10 14:00–16:30

Place: Keyaki Plaza Hall

Fee: ¥1,000

Conductor: Yoshinobu Karasawa and Pianist: Yoshimi Murata

(3) “Abiko Philharmonic Orchestra” Performance

Date/time: June 23(Sat) and 24(Sun) both 14:00–16:00

Place: Keyaki Plaza Hall

Fee: ¥1,000

Conductor: Kyohei Tomihira and Violinist: Akihiro Miura

They perform the works of Siberius, Tchaikovsky and Mozart.

(4) 29th Ayame (Iris) Festival

Date: June 3(Sun)–June 17(Sun)

Place: Teganuma Park and Aquatic Plant Garden

Fee: Free

Main event will be held on June 9(Sat) or June 10 (Sun) if it rains hard on June 9.

The event includes musical instrument performance, tea ceremony, shopping paradise, Hawaiian dance and Japanese drum performance. On this day, shuttle boats from Teganuma Park to Aquatic Plant Garden are operated.

For more details, contact Festival Committee at phone 7182-3131.

(5) Free stretch exercise

Date/time: June 15, 22 and 29 (each Fri) 10:00–11:30

Place: Abiko South Community Center

For more details, contact Uesugi at phone 7183-0976

Advisory Service–June 2012

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	June 5(Tue), 7(Thurs), 14(Thurs), 21(Thurs) and 28 (Thurs) 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Jun 15 (Fri) 10:00 – 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Living Advice	Weekdays except Sat/Sun/public holidays 8:30-17:00	West Annex 2F	Welfare Consulting Sec. Ext 393
Child matters in general	Week days except Sat/Sun/public holidays 8:30 – 17:00	West Annex 3F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except Sat/Sun/public holidays 9:00 – 17:00	Welfare Consulting Sec.	Welfare Consulting Sec. Ext. 394

Public Health Care Center Programs

Tel: 04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	June 16,23 and 30 (each Sat)	Expecting women of 20 weeks or over, and their family
Polio Vaccination	June 5 and 12 (each Tue)	3 to 90- month-old babies
Health Checkup for	June 28 (Thurs)	Infants born from Nov 1 to Nov

18-month-old infants		20, 2010
Dental Checkup for 2 year and 8 month-old children	June 26(Tue)	Children born in Oct 2009
Health Checkup for 3-year-old children	June 7 and 21 (each Thurs)	Children born from Nov 1 to Dec 10, 2008
Health Checkup for 5-year-old children	June 26 (Tues)	Children born in June 2007
Baby Food Class for 4 to 6 month-old babies	June 5 (Tues) and 29 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	June 11 (Mon))	First 20 applicants. Reservation required by phone.

———— Health Care ————

1. NIGHT TELEPHONE CONSULTATION ON CHILD' S SUDDEN ILLNESS

CALL #8000 or 043-242-9939

Hours: 7:00p.m. – 10:00p.m. every night

Nurses or doctors will advise you of how to care your child.

2. HOLIDAY CLINIC (SUNDAYS /HOLIDAYS)

Place: Abiko Public Health Center

Items and Hours

(1) Internal medicine, Pediatrics 9:00 – 11:30, 13:00 – 16:30

(2) Dental Clinic 9:00 – 11:30

Remarks: Please bring your Health Insurance Card and pay fees in cash.

3. NIGHT & HOLIDAY – INTRODUCTION OF HOSPITALS (SUNDAYS/HOLIDAYS)

CALL 7184-0119 (FIRE STATION) or 119(FORAMBULANCE)

They will advise you of an appropriate hospital or pediatrician. Before you go there, please call the hospital and tell the doctor about the patient' s symptoms.

Please do not hesitate to call 119 in case of serious injury or acute illness.

Newsletter Abiko No.212

June 1, 2012

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E-mail: info@e-aira.jp <http://www.e-aira.jp>



Abiko

July 1 , 2012

Excerpts of the Newsletter issued by Abiko City

CHANGES TO THE WASTE AND RECYCLABLE COLLECTION PROCEDURE

New procedure: Abiko City has decided to change the rule for disposal of grasses and leaves from each household as follows effective on July 1, 2012.

On the combustible garbage collection days, unlike in the past, you are not allowed to sort out grasses and leaves and those mixed with the combustible garbage. Abiko City requests citizen's understanding and cooperation to follow this change. The reason is that radioactive materials are adhered to these grasses, leaves, soil and mud collected from your yard, and when these are incinerated together with the combustible garbage, the density of radioactive materials in the incineration ash at Abiko Clean Center is proved to increase. At the result that grasses and leaves have been incinerated together with the combustible garbage since the end of May, the density of radioactive material has increased and Abiko Clean Center's operation is now stopped temporarily. As of the end of May, 560 tons of burnt ashes have been kept at the site of the Clean Center. Due to a space limit for securing those ashes, Abiko Clean Center will likely be forced to suspend its operation completely, if the incineration ashes continue to increase. Actually, one of two incinerators has stopped now. That is why Abiko City strongly requests citizens' understanding and cooperation for solving this serious problem of how to lower the density of radioactive materials in the incineration ashes.

Attention: Please ensure again that the grasses and leaves have to be sort out separately from the combustible garbage on the non-combustible garbage day (the day marked in purple in the Abiko Clean Calendar). You can sort them out on the same day when you have sorted out trees, branches so far on the non-combustible garbage day. Also, please keep in mind to remove the mud and soil as much as possible from grasses and leaves and wrap them into a transparent plastic bag. The trees and branches have been recycled to wooden chips and it will help to secure additional storage spaces. At present, Abiko Clean Center is considering to secure additional incineration facilities which enable to handle only high radioactive ash and also to secure the final disposal sites.

Inquiry: Abiko Clean Center, at 7187-0015

CHANGES TO THE FOREIGN RESIDENTS SYSTEM

Current alien registration system will be abolished as of July 9 and the Basic Residents Registration System will be applied also to foreign residents and a Certificate of Resident will be issued to them instead of current alien registration card. The data such as Nationality, Resident Status, Period of Stay and Resident Number will be indicated in the Certificate of Residents. Those who have an intended period of Stay in Japan more than three months, they have to take out National Health Insurance or any other equivalent insurances. Those who have an intended period of stay in Japan more than three months, but don't have any social insurance, they have to inquire National Health Insurance & Pension Sec. ext. 392/324 of Abiko City Office. (7185-1111)

REQUEST FOR RADIOACTIVE DECONTAMINATION OF YOUR HOUSE

Based on your request, Abiko City will check the level of radiation of your house, primarily the house where pregnant women and/or pre-school children live. If your house is exposed over 0.23 μ Sv/h at a height of 100 centimeters above the surface, Abiko City will consider to have your house decontaminated.

Application: Fill in required data into the format, 'Radioactivity Measurement Request', which can be downloaded from the Abiko City Homepage and send it to Radioactive Materials Countermeasures office no later than July 20.

Inquiry: Call at 7185-2495 Mail to: jyosen@city.abiko.chiba.jp

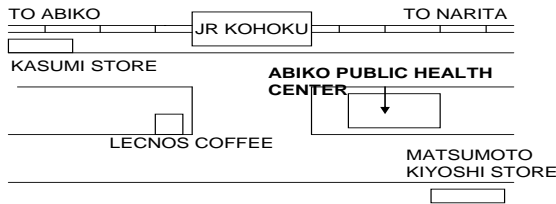
ADVISORY SERVICES – JULY 2012)

ITEM	DATE / TIME	PLACE	CONTACT
LEGAL ADVICE	JUL 5, 10, 12, 24, 26 9:30 to 15:30 Reservation required by phone from JUL 2 from 8:30	Civic Consulting room 2F, Abiko City Office	Secretarial Sec. at 7185-1714
TAX MATTERS	JUL 20. 10:00 to 15:00. Reservation required by phone on JUL 17 from 8:30	Tax Collection Sec.	Tax Collection Sec. at 7185-1349
REAL ESTATE PROBLEM	JUL 13 Reservation required phone on JUL 11 Only first 8 groups	Civic Consulting room 2F, Abiko City Office	Housing Sec. at 7185-1111 (ext.529)
HOUSING ADVICE	JUL 13 Reservation required phone on JUL 11 Only first 4 groups	Meeting Room B, Abiko City Office	Housing Sec. at 7185-1111 (ext.529)
MARRIAGE CONSULTATION	JUL 1, 22 9:00-14:00 Reservation required	Social Welfare Council Office, Abiko City Office	Social Welfare Council office, at 7184-1539

CHILD MATTERS IN GENERAL	Weekdays except holidays 8:30-17:00	1F West Annex, Abiko City Office	Child Consulting Sec. at 7185-1821
HUMAN RIGHT PROBLEMS	JUL 26 10:00-15:00	2F West Annex, Abiko City Office	Welfare Consulting Sec, at 7185-1111 (ext.476)
DOMESTIC VIOLATION	Weekdays except holidays 8:30-17:00	2F West Annex, Abiko City Office	Welfare Consulting Sec, at 7185-1111 (ext.394)

INFORMATION FROM ABIKO PUBLIC HEALTH CARE CENTER

Location: 2-minute walk from JR Kohoku Station (Kohokudai 1-12-16, TEL 7185-1126)



ITEM	DATE	ELIGIBILITY
MATERNITY CLASS (SHIAWASE MAMA PAPA GAKKYU)	JUL 7, 14, 21	Pregnant women of 20 weeks or over, and their husbands or families Reservation required by phone.
POLIO VACCINATION	JUL 3, 10	3 to 90 month old babies.
HEALTH CHECKUP FOR 18 MONTH OLD INFANTS	JUL 12, 19	Infants born from NOV 21 2010 to DEC 31, 2010
DENTAL CHECKUP FOR 2 YEAR AND 8 MONTH OLD CHILDREN	JUL 26	Children born in NOV, 2009.
HEALTH CHECKUP FOR 3 YEAR OLD CHILDREN	JUL 5	Children born from DEC 11, 2008 to DEC 31, 2008.
HEALTH CHECKUP FOR 5 YEAR OLD CHILDREN	JUL 26	Children born in JUL, 2007.

BABY FOOD CLASS FOR 4 TO 6 MONTH INFANTS	JUL 20	First 30 applicants. Reservation required by phone.
LATE BABY FOOD CLASS FOR 8 TO 9 MONTH OLD INFANTS	JUL 4	Children born in OCT, 2011 First 20 applicants. Reservation required by phone.

----- **Health Care** -----

EMERGENCIES AT NIGHT/ON SUNDAYS AND HOLIDAYS

1. CHILD---- TELEPHONE CONSULTATION ON SUDDEN ILLNESS AT NIGHT
Call #8000 or 043-242-9939 for details
Hours: 19:00.-22:00. Every night
Nurses or doctors will advise you what to do/how to care your child
2. GENERAL---- DAYTIME HOLIDAY CLINIC (SUNDAYS and HOLIDAYS)
Location: Abiko Public Health Care Center (Hoken Center)
Specialties and hours:
(a) Internal Medicine, Pediatrics 9:00.~11:30, 13:00~16:30
(b) Dental Clinic 9:00~11:30.
Please bring your Health Insurance Card and pay in cash.
Inquiry: For more details, please call 7187-7020
3. GENERAL----INTRODUCTION OF HOSPITALS IN EMERGENCIES AT NIGHT (SUNDAYS AND HOLIDAYS) Call: 7184-0119 (FIRE STATION)
They will advise you appropriate hospitals or pediatricians. Before you go there, please call the hospital and tell them the patient's symptoms.
4. REQUEST FOR AMBULANCE Call: 119
Please do not hesitate to call an ambulance in case of serious injury or acute illness.

<i>Newsletter Abiko</i>		No.213	July 1, 2012
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Edited and translated by Abiko International Relations Association (AIRA)			
Phone: 04-7183-1231		Fax: 04-7183-2005	
E-mail: info@e-aira.jp		http://www.e-aira.jp	



Abiko

August 1, 2012

Excerpts of the Newsletter issued by Abiko City

Leave it to “Abishirube” to transmit information on Abiko

Two years will have passed since the first Abiko information center, “Abishirube” was inaugurated in September, 2010. A lot of visitors and citizens have visited this center. “Abishirube” is a facility which always send new information and offer various discoveries so that you can know every little things about Abiko. Inquire anything without hesitation. We are waiting for your visit.

➤ Full of information

Walking guide maps (historic sites), event information, and leaflets of shops are available. Discover new things you don’t know about Abiko at “Abishirube”. Area guide brochure along the Narita and Joban lines are also available.

➤ Why don’t you advertise your shops or groups?

You can place leaflets of your shops or groups at Abishirube. Inquire some onditions about the leaflets.

➤ Stage show

You can use the exhibit room as an outdoor event stage. Any genre is accepted such as brass band, traditional dance performance, etc. You need an application.

➤ Cultural exhibitions

Photos and traditional arts and crafts featuring Abiko have been displayed.

Inquiry: Abiko information center “Abishirube” phone: 7100-0014

Address: 2-2-6 Hommachi, 1-minute-walk from the south exit of Abiko station

Open: 9:00 a.m. – 6:00 p.m. (Closed: Dec 29 to Jan 3)

Facebook: <http://www.facebook.com/ABISHIRUBE>



Let’s cheer for Yasunari Hirai in London Olympics !



An Abiko citizen, Yasunari Hirai will participate in 10 km men’s swimming marathon race, which is scheduled to be distributed on the Internet site, <http://www1.nhk.or.jp/olympic/> . The race will start on 8:00p.m.(Japan time) on August 10 (Fri). Let’s cheer him !

Inquiry: Secretary and PR section, phone: 7185-1269

Emergency information mail to start

Abiko city will send e-mails about disaster and evacuation information to people in Abiko city. This information will be sent to people who have NTT Docomo's, KDDI(au)'s or Softbank's cell phones. You don't have to apply for receiving the information. Inquire the details on model exceptions to each cellphone company.

Inquiry: Secretary and PR section, phone: 7185-1269

Exhibition of Atomic Bomb Photos and Paper Cranes

~ 67th Memorial Ceremony for Atom-bombed experience

It is important to convey news on dreadful wars and atomic bombs constantly to descendants so that young generation who don't experience wars can remember the memories. Abiko city and the Atomic-bomb Victims Association will hold the following events yearning for eternal peace and the abolition of nuclear weapons.

- ◇ Photo exhibition about atomic bombs and exhibition of paper cranes

Date: August 7 (Tue) – 19 (Sun)

Place: 1st floor at Abista

- ◇ 67th Peace Memorial Ceremony

Date: August 11(Sat) 9:30 a.m. ~

Place: Peace Monument at Teganuma Park

Contents: Memorial Ceremony, planting memorial trees, offering flowers, silent prayer



File current status for Child Rearing Allowance

Those Child Rearing Allowance are paid for should file their current status in every August. The notice for the allowance was sent to those applicable. File the current status by the due date.

File period: August 1(Wed) – 31(Fri) except Saturdays and Sundays, 8:30am – 5:00pm

Place: Child Support Section (2nd floor, West annex)

Required documents: Certificate of Child Rearing Allowance (of fiscal 2011), personal seal, certificate of annual income of fiscal 2012 (only for those who moved into Abiko after Jan.2, 2012), Parent and Children's Health Insurance Cards

Inquiry: child Support Section, ext. 852

Traffic Disaster Mutual-Aid Association

This is the mutual – aid system in which members pay annual fees and help victims. Present members should also apply for it because the mutual-aid period will mature on August 31(Fri).

Applicable: Citizens who will live in Abiko on September 1st and the dependents.

Mutual-aid period: September 1st – August 31, 2013

Annual fee: 700 yen/person

Applicable accidents: traffic (cars, motorbikes, bicycles) accidents, train accidents, etc.

Consolation payments: 1.5 million yen for death, 20-500 thousand yen for injuries, 500 thousand yen more for physically disabled, 100 thousand yen for one surviving child

Application: Bring annual fee to Citizen's Safety Section (basement of city office) or

administrative service centers

Inquiry: Citizens Safety Section, ext. 486

Attention ! Be careful about Heat Stroke

Last year 63 people were rushed to hospitals with heat stroke in Abiko. While the half were elderlies, thirties and forties were also taken to hospitals. The basic precaution for heat stroke is enough sleep and well-balanced diet. Try to keep regular hours.

Dangerous conditions: over 60 % of humidity, no breezing days, sudden hot day, following day after sultry night

Cautions: [Elderlies] Drink fluids before you feel thirsty:[Adults] many people suffer from heat stroke while they're working, or doing daily activities. Wear cool clothing and not to have too much alcoholic or caffeine beverage which has a diuretic effect.:[Pupils and Students]Take breaks regularly while doing sports and often drink fluids.[Infants]Take care of infants, put on or take off their clothing, and give fluids.

*Usually drink water or tea as fluids, and take isotonic drinks when you sweat all over.

Inquiry: Health supporting section, phone: 7185-1126

EVENTS

Abiko farmers' stand "Abikon" summer festival

Date: August 4 (Sat) 10:00a.m. – 2:30p.m.

Place: Abiko farmer's stand "Abikon"

Events: watermelon splitting, playing with water in a plastic pool, fresh summer vegetable and fruit sales

Inquiry: Abiko farmers' stand "Abikon", phone: 7108-3171

Abiko North Town Planning Association - Children's Party

Date: Aug 25 (Sat) 10:00am – 3:00pm

Place: Abiko North Community Center, Tsukushino Building

Event: Let's play with handmade toys. 10:00am – 12:00, paper planes, paper folding, Movie, Picture cards show, and puppet show 1:00pm – 3:00pm

Fee: Free Inquiry: Abiko North Community Center, Namiki Building, 7157-4517

Advisory Service- August 2012

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Aug. 2,14,16,23,28 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Aug 17(Fri) 10:00 – 15:00	Tax Collection Sec.	Tax Collection Sec. 7185-1349

	Reservation required		
Living Advice	Week days 8:30 – 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.393
Child matters in general	week days 8:30 – 17:00	West Annex 3F	Child Consulting Sec. 7185-1821
Domestic Violence	week days 8:30 – 17:00	Social Welfare Sec.	Social Welfare Sec. Ext. 394

Public Health Care Center Programs

Tel: 04-7185-1126

Item	Date	Eligibility
maternity class (Shiawase Mama&Papa Gakkyu)	Aug 4,18,25 (Sat)	Pregnant women of 20 weeks or over, and their husbands
Child care advice	Aug 8 (Wed) Aug 22 (Wed)	At Nikoniko Hiroba, first 15 Health Center
4-month old consultation	Aug 7, 21 (Tue)	Those born in Mar, 2012
Baby Food Class for 4 to 6 month-old babies	Aug 31(Wed)	First 30 applicants. Reservation required

NIGHT-HOT-LINE ON CHILD'S ILLNESS (PEDIATRICS)

Through telephone the doctor or nurse will give you appropriate advice.

Time: Every night from 7:00 p.m. to 10:00 p.m. Call at #8000 or 043-242-9939

HOLIDAY DAY-TIME CLINIC

Dental care 9:00 a.m. – 11:30 a.m.

Internal and pediatrics 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.

Location: Clinic Center (across Abiko Public Health Care Center)

Address: 1-12-17 Kohokudai 2-minute walk from JR Kohoku Station

Contact: call at 7187-7020

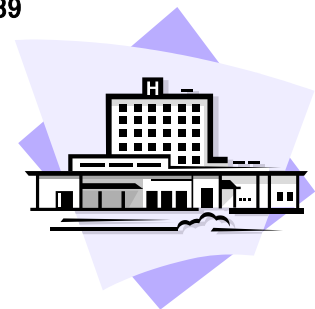
Note: Please bring your Health Insurance Card and pay fees in cash.

HOLIDAY AND NIGHT-TIME HOSPITALS

First contact Fire Station at 7184-0119. They will advise you appropriate hospital or dental clinic.

Before visiting there, be sure to tell them the symptom of illness or injury.

In case of emergency, or serious illness or injury, call 119.



Newsletter Abiko	No.214	August 1, 2012
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Abiko

September 1, 2012

Excerpts of the Newsletter issued by Abiko City

Prepare against disaster: Aug.30 to Sep.5, Disaster Preparedness Week

10 items in order to prepare against earthquake:

1. Fix furniture to walls or ceilings. Place furniture where it doesn't obstruct evacuation routes.
2. Prevent scatter of window glasses or glass shelves. Keep a flashlight as well as its batteries within reach in preparation for a power cut
3. Check the earthquake resistance of houses and residential buildings. If necessary, reinforce them.
4. Install fire extinguishers. Save bathwater against water failure.
5. Install residential fire alarms. Unplug electric appliances that are less frequently used.
6. Prepare an emergency kit and decide where to place it.
7. Decide among family members the way of safety confirmation and meeting point.
8. Make use of "Abiko Disaster Prevention Map" and grasp the picture of your neighborhood area.
9. Gather information about disaster prevention on a routine basis and gain the knowledge about it.
10. Participate in disaster-prevention drills.

For more details, contact Public Safety Section, ext. 217.

London Olympics: Mr. Hirai's performance made us excited very much!

Yasunari Hirai, an Olympic athlete from Abiko, participated in the open water swimming. He finished in 15th place, but his performance made us expect his further step in the next Olympics. He visited the Mayor at his office and reported how he played.

For more details, contact Secretary and PR Section at 7185-1269.

Vaccination

1. Polio vaccine: change in the method of vaccination

Inactivated vaccine is available at medical institutions from September 1.

Target: Children aged between 3 months and 90 months (7years and 6months)

2. Measles-rubella vaccine (MR) : second, third, and fourth inoculation

Those eligible can receive a free vaccination.

Target: Second inoculation for people born from Apr.2, 2006 to Apr.1, 2007, third for people born from Apr.2, 1999 to Apr.1, 2000, fourth for People born from Apr.2, 1994 to Apr.1, 1995

Due date: Mar. 31, 2013

3. Diphtheria-tetanus combines vaccine (DT) second term: get vaccinated before entering junior-high school!

Target: Children aged between 11 and 13 years old

4. Cervical cancer vaccine: initial vaccinations by Sep.30

Those eligible can receive public subsidies. Initial vaccinations must be received by Sep.30 in order to complete three doses of vaccine within the subsidy period.

Target: Women born from Apr.2, 1996 to Apr.1, 2000

For more details, contact Public Health Care Center at 7185-1126.

Let's take Specific Health Checkups!

Specific Health Checkups lead to prevention or early detection of metabolic syndrome, a main factor of lifestyle-related disease. Early detection, rapid cure!

Target: Those aged 40 to 74 years old

For more details, contact Public Health Care Center at 7185-1126

Screening for tuberculosis and lung cancer

Date: Oct. 1(Mon), 2(Tue), 3(Wed), 9(Tue), 10(Wed), 12(Fri), 16(Tue), 17(Wed), 24(Wed), 26(Fri), 29(Mon), 30(Tue), 31(Wed),

Target and fee:

Those aged 65 or over: Screening for tuberculosis and lung cancer, free of charge

Those aged 40 to 64: lung cancer screening, 200 yen

Consultation ticket required.

For more details, contact Public Health Care Center at 7185-1126.

Countermeasures against radioactivity

The comprehensive plan for radioactivity countermeasures has been developed.

A four-principal plan:

-Food: Safety of school-provided lunch, drinking water, and local agricultural and fishery products of Abiko.

-Living environment: Decontamination of private land (apartment buildings and houses).
The same works at schools ended in August.

-Industry: Dispelling harmful rumors about agricultural products and other industries.

-Health: Financial aid for the measurement of radiation dose of internal exposure.

For more details, contact Radioactivity Countermeasures Office at 7185-2495.

EVENTS IN TOWN

Craft Bazaar at Aijima Geijutu-Bunkamura (Aijima Artistic Culture Village)

Date: Sep.8 (Sat), 9 (Sun) 10:00a.m.-4:00p.m.

Place: Aijima Geijutu-Bunkamura, Fusa, Abiko

Entrance fee: Free

Events: Craft bazaar, antique market, sales of local products

Inquiry: Aijima Geijutu-Bunkamura, 7189-2864 (Saturdays and Sundays available)

Abiko Citizens' Tennis Tournament (Singles match)

Date: Oct.21 (Sun), Nov.3 (Sat). (In case of rain, Oct.28 (Sun), Nov.4 (Sun)).

Place: Civic gymnasium tennis courts / Fee: 1,000yen

Inquiry: info@abkta.main.jp or 080-5039-8623 (Iwamoto)

Advisory Service-September 2012

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Sep. 6 (Thu), 11(Tue), 20(Thu), 25 (Tue) and 27(Thu) 9:30 - 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Sep. 21 (Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Child-Care	Sep. 12 and 26 (Wed) 10:10 - 11:00 First 15 applicants	Child-rearing Support Center "Niko-Niko Hiroba"	Health Support Sec. 7185-1126
Child matters in general	Week days except Sat/Sun/public holidays 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except Sat/Sun/public holidays 8:30 - 17:00	Welfare Consulting Sec.	Welfare Consulting Sec. Ext. 394

Public Health Care Center Programs

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase)	Sep. 1, 8, and 22 (Sat)	Expecting women of 20 weeks

Mama & Papa Gakkyu)		or over, and their family
Health Checkup for 18-month-old infants	Sep. 13 and 20 (Thu)	Infants born from Jan.21 to Feb. 28, 2011
Dental Checkup for 2 year and 8 month-old children	Sep. 27 (Thu)	Children born in Jan. 2010
Health Checkup for 3-year-old children	Sep. 6 (Thu)	Children born from Feb. 11 to Feb. 28, 2009
Health Checkup for 5-year-old children	Sep. 27 (Thu)	Children born in Sep. 2007
Baby Food Class for 4 to 6 month-old babies	Sep. 28 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Sep. 19 (Wed)	First 20 applicants. Reservation required by phone.

-----Health Care-----

1. NIGHT -TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS

CALL #8000 or 043-242-9939

Hours: 7:00p.m. - 10:00p.m. every night

Nurses or doctors will advise you of what to do for your children.

2. HOLIDAY- DAYTIME CLINIC (SUNDAYS /HOLIDAYS)

Place: Abiko Public Health Center (phone: 7187-7020)

Items and hours

(1) Internal medicine, Pediatrics 9:00 - 11:30, 13:00 - 16:30

(2) Dental Clinic 9:00 - 11:30

Remarks: Please bring your Health Insurance Card and pay fees in cash.

3. NIGHT & HOLIDAY-INTRODUCTION OF HOSPITALS (SUNDAYS /HOLIDAYS)

CALL 7184-0119 (FIRE STATION) or 119 (FOR AMBULANCE)

They will advise you of appropriate hospitals or pediatricians. Before you go there, please call the emergency hospital and tell them the patient's symptoms.

Please do not hesitate to call 119 in case of serious injury or acute illness.

News Letter Abiko

No.215

September 1, 2012

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Edited and translated by Abiko International Relations Association (AIRA)

Phone: 04-7183-1231 Fax: 04-7183-2005

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Excerpts of the Newsletter issued by Abiko City

Teganuma 2013 Calendar Now On Sale

Location: Abiko Civic Plaza (in Ito Yokado / Espa), Fukushi Shop *Popora* (1st floor of Keyaki plaza), Kohoku-chiku Kominkan, Abiko City Hall (B1 floor), and Fukushi Kyogikai office in your area Price: 200 yen

- Also available at the Japan Bird Festival and Sangyo festival

Abiko-chiku Shimin Festival and Bazaar

Date: October 13th 10:00am to 4:00pm

Place: Abiko station south side, Keyaki plaza, Abishirube, Abisuta Fureai hiroba

Contents: Bazaar, dance, brass band, jazz music, Wadaiko drum, bingo game, etc.

Contact: Please call 7182-3131 for information, Jikko-iin (Abiko City Shokokai)

Abiko Tezukuri Walking

Let's walk and visit hand made stores, try dyeing, weaving, flower making, seeing dance and music.

Date: October 13th, and 14th 10:00am~ 4:30pm

Place: Abisuta, Teganuma park, Ito Yokado, Sojinkan Teien park, etc.

Please call Oota-san at 090-4601-8222 for details,

Radiation Decontamination Work

For the household with children through elementary school age, and expectant mothers.

Staff members will visit your home and measure the level of radiation outside at 50 cm height. Abiko city will carry out the decontamination operation if the level is over 0.23 micro Sieverts per hour. (No machinery used. Decontaminated soil shall be kept or buried in your land)

How to apply: Please send a form (Hoshasenryou sokutei shinsei) obtainable

through the city hall website, or fax the application (you can get it at the Hoshasen Taisaku room and Gyosei Renraku-sho) by October 22nd.

- No application accepted by phone
- Please use your PC or fax if possible. (City Hall will be crowded)
- Please use the name of the manager's union if you live in a condominium
- Please use the name of the owner if renting a house or apartment
- Only one decontamination operation available per person

AIRA Bus Tour to Tokyo Metropolitan Office and Yanaka Area

Date: November 1st, 8:15 am Bus starts at Abiko Fureai Hiroba (Abiko station, north side, in front of post office) Limited to 40 people

Fee: 3000 yen (bus, insurance, and lunch)

How to apply: Please write your name, address, phone number and send it by October 5th to AIRA by e-mail: info@e-aira.jp or fax: 7183-2005

Contact: AIRA (Abiko International Relations Association), phone: 7183-1231

Open House of Central Research Institute of Electric Power Industry

Date: October 13th 10:00am~ 4:00pm Free entry

Place: Denryoku Chuo Kenkyujo (Free bus from the north side of Abiko station)

Event: Lecture, mini-labo-tour, and many others. Parking: Not available

Contact: <http://criepi.denken.or.jp/intro/open> for detail

Green Recycle Information

Have any garden trees you don't need, and would like to give to someone else?

Please give us your information, what type(s) of garden trees you would like to donate, or what kind of tree you would like to receive (under 3m).

Please call 7185-1111 (ext. 545, Koen Ryokuchi-ka) for information.

Persons receiving tree(s) must arrange for removal and transportation.

Check out the Abiko City Hall website for a list of available trees.



Teganuma Fureai Walking 2012

Date: November 17th, 9:00 (10:00 for family course)

Place: Teganuma park, Tamokuteki Hiroba (Please use the public transportation)

Starting times: (1) Teganuma full circuit (20km) at 8:00am

(2) Teganuma half circuit (10 km) 8:30am (3) Family course (3 km) 9:30am

Entry: 500 yen, junior high up (300 yen in advance), 100 yen for under elementary school children

How to apply: Fill in an application form available in City Hall, Gyosei Service Center, Health Care Center, Shimin Taiikukan, Kominkan, or post office in Abiko and apply at the post office. Please bring the receipt issued by the post office.

Chiba Kyosai Insurance for Traffic Accidents
(for the residents and their families in Abiko)

Accident types covered: Vehicular (car, motorcycle, bicycle), Train (accident certification needed)

Fee: 100 yen to 700 yen (depending on the month you apply)

Valid through August 31st 2013

Compensation: 1,500,000 yen (for death), 20,000 to 500,000 yen (for bodily injury)
500,000 yen (for disabled persons, Levels 1 and 2 /*1 kyu & 2 kyu shogai)

How to apply: Please visit Shimin Anzen-ka at City Hall with the yearly fee

For questions, please call 7185-1111 (ext. 486)

Tuberculosis and Lung Cancer Check-up (40 years of age and up)

Dates and locations: ask at the Health Care Center (7185-1126), or check the information in Koho Abiko. October.

Fee: 40 to 64 year old residents in Abiko, lung cancer check-up: 200yen

65 or older residents in Abiko, lung cancer & tuberculosis check-ups: free

Also free for residents who get livelihood assistance, and those exempt from municipal tax

Please get the medical examination ticket at Kenko Zukuri Shien-ka in City Hall (7185-1126).

From the Abiko Health Care Center Phone: 7185-1126

MOTHERING: for those pregnant over 20 weeks (Shiawase mama & papa Gakkyu)	Oct 6th, 13th, 20th Please call for an appointment
Health Check-up for 18 month old kids	Oct 18th
Dental check-up for children aged 2 years and 8 months	Oct 25th
Health check-up for 3 year old children	Oct 4 th , 11 th
Health check-up for 5 year old children	Oct 25th
WEANING	Nov 2nd for babies from 4 to 6 months Oct 3rd, 19 th babies from 8 to 9 months Please call for an appointment for advice on weaning anytime

Health Exercise	Oct 10th Fusa Minami Park Oct 16th Kohokudai Chuo Park (Health Care Center in case of rain) Oct 19th Tennoudai Nishi Park
Consulting for 4 month babies	Oct 2nd, 9th
Consulting for bringing up babies	Oct 10 th , 24 th (15 people), at the Kosodate Shien Center (Niko-Niko Hiroba) Oct 17 th at Public Health Care Center

-----Health Care-----

1. NIGHT -TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS

CALL #8000 or 043-242-9939

Hours: 7:00p.m. - 10:00p.m. every night

Nurses or doctors will advise you of what to do for your children.

2. HOLIDAY- DAYTIME CLINIC (SUNDAYS /HOLIDAYS)

Place: Abiko Public Health Center (phone: 7187-7020)

Items and hours

(1) Internal medicine, Pediatrics 9:00 - 11:30, 13:00 - 16:30

(2) Dental Clinic 9:00 - 11:30

Remarks: Please bring your Health Insurance Card and pay fees in cash.

3. NIGHT & HOLIDAY-INTRODUCTION OF HOSPITALS (SUNDAYS /HOLIDAYS)

CALL 7184-0119 (FIRE STATION) or 119 (FOR AMBULANCE)

They will advise you of an appropriate emergency hospital or pediatrician. Before you go there, please call the hospital and tell them the patient's symptoms.

Please do not hesitate to call 119 in case of serious injury or acute illness.



Newsletter Abiko

No. 216 October 1, 2012

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Abiko International Relations Association (AIRA)

Phone: 04-7183-1231 Fax: 04-7183-2005 e-mail:

E-mail: info@e-aira.jp <http://www.e-aira.jp>



Excerpts of the Newsletter issued by Abiko City

Budget Policy for 2013 Fiscal Year

The budget policy for 2013 fiscal year is formulated as follows:

Ordinary revenue: 31.82 billion yen

Ordinary expenditure: 32.04 billion yen

In formulating the budget for 2013 fiscal year, the following factors are taken into consideration.

Abiko City was severely damaged by the Great East Japan Disaster including liquefaction of the ground and radioactive contamination. So far we have tackled these problems and will continue to do so in the coming fiscal year. In addition, since the earthquake and tsunami, the population of Abiko City has been decreasing. It is necessary for us to take various measures including the analysis of causes and child-rearing programs to prevent the city from losing energy due to the decrease of population.

Under such circumstances, the revenue has been decreasing since 2008 and Abiko City is relying on the budgetary support from the national government and the local government. On the other hand, the expenditure has been increasing due to an increase in social security expenses resulting from an ageing society with fewer children and prolonged economic recession. Consequently we need to compile our budget predominantly and effectively under the severe financial conditions by strictly selecting businesses and reviewing traditional methods of operations.

Mutual Support Agreement with Ashikaga City, Tochigi Prefecture

Abiko City and Ashikaga City, Tochigi Prefecture signed on October 5 a mutual support agreement in emergency. This is intended to support the other party which suffers from a great disaster such as earthquake. This is the third city, in addition to Toride City, Ibaraki Prefecture and Yamato City, Kanagawa Prefecture.

Main Events of November

(1) 2nd Japanese Drum Festival

Date & time: November 18(Sun) 09:45–15:00 (If it rains, the event will be cancelled.)

Venue: Kohokudai Chuo Koen (Kohoudai Central Park)

Participants: Japanese drum groups of Abiko

Sponsor: Steering Committee of Abiko Japanese Drum Festival

Many shops including those from Ibaraki Prefecture will be opened.

(2) 5th City Assembly by Children

Date & time: November 12(Mon) 09:00–15:10

Content: Q & A by children and city staff members concerning “Town–Building Policy” by the mayor.

38 children representing elementary and junior high schools of Abiko City hold a city assembly. The purpose of this event is for children to deepen the concern about parliamentary democracy and city building and for the city to take up their opinions and comments as reference to building up a new town.

(3) 21st AIRA International Exchange Festival

Date & time: November 25(Sun) 10:00–16:00

Venue: Abiko Civic Plaza, Ito Yokado

Sponsor: AIRA and Abiko City

Charge: Free

The festival includes dance, chorus, music, flower arrangement and tea ceremony.

(3) Hitachi Garden Opens

Date & time: December 1 (Sat) 10:00–16:00 (If it rains; on December 2(Sun))

Admission: ¥100

Sponsor: The association to build up beautiful scenes in Abiko

The event includes serving free refreshments, music performance and serving curry and rice (¥600).

(4) Bird Finding Game

Date & time: November 18 (Sun) 09:00–12:00 (If it rains; on November 25(Sun))

Venue: Teganuma and its neighborhood

Charge: Free

Designated number: first 15 people (Children under elementary school shall be accompanied by their parents)

Application shall be made to Bird Museum at phone 7185–2212.

Advisory Service–November 2012			
ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Nov 6(Tue), 8(Thurs), 13(Tue), 22(Thurs) and 27 (Tue) 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185–1714
Tax Matters	Nov 16 (Fri) 10:00 – 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185–1349
Living Advice	Week days except Sat/Sun/public holidays 8:30–17:00	West Annex 2F	Welfare Consulting Sec. Ext 393
Child matters in general	Week days except Sat/Sun/public holidays 8:30 – 17:00	West Annex 1F	Child Consulting Sec. 7185–1821
Domestic Violence	Week days except Sat/Sun/public holidays 8:30 – 17:00	Welfare Consulting Sec.	Welfare Consulting Sec. Ext. 394

Public Health Care Center Programs

Tel: 04–7185–1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Nov 3, 10 and 17 (each Sat)	Expecting women of 20 weeks or over, and their family
Polio Vaccination	Individually notified	3 to 90– month–old children
Health Checkup for	Nov 8 and 15 (each Thurs)	Infants born from March 21 to

18-month-old infants		April 30, 2011
Dental Checkup for 2 year and 8 month-old children	Nov 22(Thurs)	Children born in March 2010
Health Checkup for 3-year-old children	Nov 1 (Thurs)	Children born from April 11 to April 30, 2009
Health Checkup for 5-year-old children	Nov 22 (Thurs)	Children born in Nov 2007
Baby Food Class for 4 to 6 month-old babies	Nov 30 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Nov 7 (Wed)	First 20 applicants. Reservation required by phone.

————— Health Care —————

1. NIGHT TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS

CALL #8000 or 043-242-9939

Hours: 7:00p.m. – 10:00p.m. every night

Nurses or doctors will advise you of what to do for your child.

2. HOLIDAY CLINIC (SUNDAYS /HOLIDAYS)

Place: Abiko Public Health Care Center

Items and Hours

(1) Internal medicine, Pediatrics 9:00 – 11:30, 13:00 – 16:30

(2) Dental Clinic 9:00 – 11:30

Remarks: Please bring your Health Insurance Card and pay fees in cash.

3. NIGHT & HOLIDAY – INTRODUCTION OF HOSPITALS(SUNDAYS/HOLIDAYS)

CALL 7184-0119 (FIRE STATION) or 119(FORAMBULANCE)

They will advise you of appropriate hospitals or pediatricians. Before you go there, please call the emergency hospital and tell the patient's symptoms.

Please do not hesitate to call **119** in case of serious injury or acute illness.

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Edited and translated by Abiko International Relations Association (AIRA)			
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Excerpts of the Newsletter issued by Abiko City

Safe Town—Building Without Crimes

The number of crime cases in Abiko City has been decreasing since 2001, the highest year. Last year, 1,138 cases of crime were recorded. Abiko City ranks the 5th in the lowest number of the crime cases in Chiba Prefecture. It is considered that Abiko is a comparatively safe town. Many crimes, however, including burglary, theft from a vehicle and auto theft do occur near our housing.

Anticrime patrol prevents crimes from occurring:

It is essential to arrest a criminal or a suspect to prevent crimes but the most important thing for residents is to reduce environments where crimes could occur. For this reason, it is necessary for each of us to have a self-awareness of “guarding our town by ourselves” and to conduct activities including crime prevention patrol and children—watching.

In addition to patrol activities, patrollers pay attention to confirm if the street lights are on, check the condition of bushes along the street, care and control empty houses and empty lots, confirm if roads and gutters are not damaged, exchange greetings with residents, and tell children not to ride a bicycle without light, or not to ride a bicycle with two, not to drink nor smoke or not to play until late at night.

Residents wear the same uniforms, hats, vests, armbands, and guide lights when they patrol. This “showing” patrol prevents crimes from occurring and encourages neighbors to learn more about prevention of crimes.

Various activities in the Fusa area:

Abiko City promotes voluntary activities by residents by designating a model area which puts emphasis on crime prevention and traffic safety. For two years starting in 2012, the Fusa area is designated as a special zone which develops various crime prevention activities including patrol activities and events. These events help local people to enhance their awareness of crime prevention. Such steady activities by local residents contribute to the decrease in crimes.

In order to minimize the risk of being a victim of a crime:

A. Measures against a burglar

- 1) To install two good and strong keys at the door of the entrance;
- 2) To install supplementary locks and crime prevention films on the windowpanes;
- 3) To be sure to lock up the house when you go out even for a short time; and
- 4) To close the shutters when you go out and ask your neighbors to watch your house.

B. Measures against theft from a vehicle and auto theft

- 1) Not to leave precious articles in the car;
- 2) To choose a parking lot which has good crime prevention facilities;
- 3) To be sure to lock the door if you park your car even for a short time;
- 4) To install a theft preventing equipment such as a vibrating censor; and
- 5) Lock the steering wheel.

For more details, contact extension 486 of Citizen Safety Section.

***Year-end and New Year Special Patrol Period: December 10 (Mon) to January 3 (Thu)**

***Winter Traffic Safety Campaign: December 10 (Mon) to 31 (Mon)**

***Lower House General Election: December 16 (Sun)**

Lower House General Election and National Review of the Judges of the Supreme Court will be held on December 16(Sunday). The details will be sent to you soon.

Mutual Support Agreement with Kaneyama Town, Yamagata Prefecture

Abiko City and Kaneyama Town, Yamagata Prefecture, have signed on December 7 a mutual support agreement in disaster. This is the fourth agreement in addition to those agreements with Toride City, Ibaraki Prefecture, Yamato City, Kanagawa Prefecture and Ashikaga City, Tochigi Prefecture.

Events around the Town

Christmas Concert

Date & Time: December 15 (Sat) 13:00–15:30

Place: Kohokudai Kinrin Senta (Community Center)

Content: Mandolin concert, etc. including songs of *Sound of Music* and *Ave Maria*

Entrance fee: Free For more details, please call at 7187–1122

Wind Orchestra Concert by Chuo Gakuin University

Date & Time: December 7 (Fri) 18:30–

Place: Fureai Hall, Keyaki Plaza

Entrance fee: Free For more details, please call at 7183–6518

Advisory Service–December 2012			
ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Dec 4(Tue), 6(Thu), 13(Thurs), 20(Thu) and 25 (Tue) 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Dec 21 (Fri) 10:00 – 15:00 Reservation from Dec 17/Mon	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Living Advice	Week days except Sat/Sun/public holidays 8:30-17:00	West Annex 2F	Welfare Consulting Sec. Ext 393
Child matters in general	Week days except Sat/Sun/public holidays 8:30 – 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except Sat/Sun/public holidays 8:30 – 17:00	Welfare Consulting Sec.	Welfare Consulting Sec. Ext. 394

Public Health Care Center Programs

Tel: 04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Dec 7, 14 and 21 (each Fri)	Expecting women of 20 weeks or over, and their family
Polio Vaccination	Individually notified	3 to 90- month-old children
Health Checkup for 18-month-old infants	Dec 20 (Thu)	Infants born from May 1 to May 20, 2011

Dental Checkup for 2 year and 8 month-old children	Dec 18(Tue)	Children born in April 2010
Health Checkup for 3-year-old children	Dec 6 and 131 (each Thurs)	Children born from May 1 to June 10, 2009
Health Checkup for 5-year-old children	Dec 18 (Tue)	Children born in Dec 2007
Baby Food Class for 4 to 6 month-old babies	Dec 17 (Mon)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Dec 12 (Wed)	First 20 applicants. Reservation required by phone.

----- Health Care -----

1. NIGHT TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS

CALL #8000 or 043-242-9939

Hours: 7:00p.m. - 10:00p.m. every night

Nurses or doctors will advise you of what to do for your child.

2. HOLIDAY CLINIC (SUNDAYS /HOLIDAYS)

Place: Abiko Public Health Center

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Newsletter Abiko

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